

(LCN Connections Issue 14 – April 2015)

GUIDELINES AT THE MONROE INSTITUTE

Guidelines offers still another step in the development of a more complete understanding of self. In addition to exploration of your Total Self and creating an ongoing communication with your Inner Self Helper (ISH), the program provides orientation exercises to support the experience of the out-of-body state. Training in the use of a special “healing” energy – either individually or in a group – to benefit both self and others is also an aspect of Guidelines. This is also the only program where you get a free PREP session, an extremely unique experience. The theme of Guidelines is to assist you in learning methods in which communication can be established with distinct and different intelligences. Whatever you call such intelligence (e.g., Total Self, Inner Self Helper, Guide, Non-Physical Friend, Universal Consciousness, etc.), it can be any constructive source that has an overview beyond your normal daily physical perception. In addition, Guidelines encourages the practical application of such communications and states of consciousness. With practice, a person can learn to quickly and directly access whatever information is needed.